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NSAB Kicks Off 2017 Active Duty Fund Drive



U.S Navy photo by MC3 William Phillips



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NMCRS Kicks Off Active Duty Fund Drive

By Andrew Damstedt
The Journal

For Sailors and Marines facing unexpected expenses such as traveling to a funeral, needing help paying bills, or with a move, the Navy Marine Corps Relief Society is there to provide financial support. A lot of that financial support comes from service members' donations.

At the March 16 kick-off event for the Active Duty Fund Drive at Naval Support Activity Bethesda, NMCRS President and CEO Steve Abbot said active duty contributions and those made by retired service members made up two-thirds of the revenue the society uses to provide assistance to Sailors and Marines as well as other service members.

In 2016, the organization provided \$45 million in loans and grants to 56,365 Sailors and Marines. The NMCRS Bethesda helped 437 of those.

"Behind every one of those 56,000 people is an individual who needed help at the time," Abbot said. "And with a story that Gillian (Connon) and her other fellow directors around the world were able to listen to, and evaluate, and then help with the need."

The annual effort goes until April 30. Last year, the NSAB drive raised \$50,233, according to NMCRS Bethesda Director Gillian Connon.

"Over the next couple of weeks, you'll be seeing active duty members asking for contributions," said Navy Ensign Cyndele McVeigh, NSAB's 2017 fund drive coordinator. "I highly encourage you; please give if you have the ability to give because every dollar counts."

As an example, NMCRS pointed The Journal to Navy Chief John Prass. He recounted his experience receiving financial aid from the Society when he was starting his military career in 2005.

"I had two sons, one was four and one was a newborn and living in this area; it was extremely expensive," he said. "And to bring my wife here and my two sons and trying to get daycare it was ridiculous. And my car was not working and somebody suggested going to the Navy Marine Corps Relief Society. I went over there and took out a \$500 loan and it pretty much opened my eyes to all the different things they could do, and they helped me out when I was in a bind."

Prass tells his story to Sailors under his command



PHOTO BY MC3 WILLIAM PHILLIPS

Navy Marine Corps Relief Society President Steve Abbot speaks to Sailors during Naval Support Activity Bethesda's Active Duty Fund Drive Kick Off event March 16.

now so they know of the assistance the Society can provide them.

"I tell my Sailors know, 'Hey if you ever get caught up in a situation there are options, don't feel like it's the end of the world,'" Prass said. "Life doesn't always go according to plan, sometimes you need help and it's good to know that we have these resources available."

The focus of the campaign is to reach each service member to create awareness about the organization itself and giving people a chance to contribute, Connon said.

"I don't have to tell you all how incredibly important Navy Marine Corps Relief Society is to meeting the needs of our Sailors, our Marines, our Soldiers, our Airmen," said NSAB Commanding Officer Marvin L. Jones at the kick-off ceremony. "I don't have to tell you the impact they have on the welfare and well-being of all of us; but I will anyways, because it's a mission that bears repeating."

Jones said the assistance to the 437 individuals out of the Bethesda office had an impact on a lot of lives, Jones said. The Bethesda office provided \$24,240 in grants and \$370,449 in loans in 2016.

The interest-free loans and grants provided included help for basic living expenses, moving costs, household needs, family emergencies, medical care, vehicles repairs, and transportation costs after the death or illness of a family member and other expenses.

To donate by allotment a Sailor or Marine can fill out a form or contact the NMCRS Bethesda office at 301-295-1207. People can also contribute when shopping at the Navy Exchange by opting to add a \$5 donation to their purchase from March 22 to April 23.

The fund drive goes until April 30. To see how much has already been given check out the Navy Marine Corps Relief Society's fund drive website at <http://nmcrsfunddrive.org>.

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Commanding Officer: Capt. Marvin L. Jones
Public Affairs Officer: Jeremy Brooks
Public Affairs Office: 301-295-1803

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Journal Staff

Managing Editor	MC3 William Phillips
WRNMMC Editor	Bernard Little
Writers	
	Andrew Damstedt
	Kalila Fleming
	Megan Garcia
	MC2 Hank Gettys
	MC1 Christopher Krucke
	Joseph Nieves

Installation SARC	
Priscilla DePinto	301-400-2411
Troop Command SARC	
Rosemary Galvan	301-319-3844
SARC 24/7	301-442-2053
SAPR VA 24/7 Helpline	301-442-8225

The Best Navy

**By Adm. Philip S. Davidson, Commander
U.S. Fleet Forces Command**

When I travel throughout the Fleet, I am frequently asked, “What is it that makes the best commands better than the rest?” I always say, “Two things: unwavering commitment to the Navy’s mission, and clear communications.”

Our Navy’s mission is quite simple, “to be prepared to conduct prompt and sustained combat incident to operations at sea.” Make no mistake: it is our job to succeed in that mission, to be ready to not just fight, but to win. The nation depends on it. And it requires every one of us to pull together as a team to be successful in that mission.

The only way to develop a winning team is to communicate. And not just down the chain of command. Clear communications are required up and down the chain, and across the command, in order for all of us to be successful. A destroyer Captain depends upon proper communications from his or her Officer of the Deck to understand the surface traffic around the ship. An Aviation Electronics Technician depends upon the clear communications of a Logistics Specialist to understand whether a needed part will make their jet an up jet for a mission. A submarine Captain relies on the underlying reports from First and Second Checkers that the ship is rigged for dive before giving the order to submerge.

Every one of us in every command depends upon the clear communications of others in order to carry out our duties and deliver success. It is the only way we can develop the shared understanding — the trust and teamwork — necessary to effectively fight and win.

The news that some Sailors and Marines are using social media to denigrate, abuse, and bully their shipmates online is undermining that trust and our team. To restore that trust, it is time for open and honest communication. You have seen reference (a). In it, the CNO has called on all of us to come together in small groups to talk about what respect for our teammates looks like at work, at home, and online. In those groups, I expect all of you to clearly communicate the behaviors that are acceptable and unacceptable on the deckplates and online, to commit to each other the forceful backup needed to intervene to prevent or eliminate toxic behaviors, and to understand the inherent wrong done to individuals and our unit cohesion — our teammates and team — when we undermine their value and contribution, or degrade their reputation. I encourage everyone to achieve a more effective and ongoing dialogue.

I will start the conversation. Destructive online behavior is wrong and weakens our team. It should be obvious to everyone that secretly filming or photographing others when their



**Adm. Philip
S. Davidson,
Commander
U.S. Fleet Forces
Command**

inherent privacy is expected is not a prank; it is a crime. In the last two years alone, there have been several convictions under the Uniform Code of Military Justice for this conduct with punishments, including Bad Conduct Discharges for Enlisted, Dismissals for officers, and confinements for up to three years. The nature of this misconduct is clear.

What we must emphasize is that encouraging, requesting, or soliciting others to obtain these photographs or videos is also wrong. Making an indecent comment online is wrong. Sailors should also be mindful that these acts may constitute bullying, hazing, or sexual harassment in violation of Navy policy and regulations and may be punishable under the UCMJ. Conduct meant to shame and degrade fellow Sailors is inexcusable, contrary to our values, and detracts from our mission. Such behavior should not be excused as a new societal norm — it is unacceptable. Commanders should share and refer to reference (b) for guidance on these and other scenarios, as well as the possible accountability tools available for maintaining good order and discipline. While Sailors may be held accountable under the full spectrum of administrative and disciplinary actions available to commanders, the inherent wrongness of such acts and the obvious harm it does to the team are real.

Complacency perpetuates this problem. To accomplish the Navy’s mission, we must understand that we have a duty to actively protect each other. Sailors should not dismiss a questionable online posting about a teammate just because they did not post it or comment; stand up for one another. We cannot expect to be an effective warfighting team if Sailors cannot trust their teammates to defend against attacks against their basic human dignity.

Navy professionalism does not end when we are online; our behavior is a reflection upon our Service 24/7. Be mindful of your conduct, the message it communicates, and how your messages could be used by others. When we post comments or materials online, we lose control and there is potential for further exploitation. Even using recommended privacy settings does not mitigate all risk. There is no back button. Reference © provides tips and guidance for using social media safely and responsibly. Please share this guidance with each other.

For a Sailor who trusted someone with an intimate photograph or video with the expectation that it would remain private and subsequently had that trust betrayed, they need to know that leadership and their fellow teammates have their back. That is why it is vital for all lines of communication to remain open and honest to foster a safe environment for people to report, take action, and/or seek justice.

Doing the right thing and confronting peers is not always an easy task. Sailors must have the courage to respond to and report online abuse that they witness. It will only make our Navy team stronger. Reports can be made to leadership throughout your chain of command, with the Command Managed Equal Opportunity (CMEO), the Fleet & Family Support Office (FFSO), or law

enforcement, including the NCIS tip line:

<http://www.ncis.navy.mil/ContactUs/Pages/ReportCrime.aspx>

This is not a problem that will be solved with GMT or a one-time discussion. We must continue to engage each other in a constructive dialogue about the detrimental impact that inappropriate social media conduct and all toxic behaviors in and out of the workplace have on our team. Everyone must be a leader in driving out these behaviors. Additional messages and guidance will follow.

I have been in the Navy for thirty-five years. It has been the great privilege of my life to be associated with a U.S. Navy team made better by the diverse and outstanding men and women who serve it in peacetime and war. We are not going backward. We never will. Don’t let anyone tell you otherwise. I do recognize the vast, vast majority of you are upholding our Navy values and supporting your teammates. But we still have a job to do; the strength of the chain is dependent upon each link. We need to make our Navy team even stronger by communicating the trust we require of all of us, and deepening the bonds that make us ready to fight and win.

For more information see NAVADMIN 062/17

RESOURCES

The Navy Social Media directory is a manually processed directory. For more information, email navysocialmedia@navy.mil or call 703-614-9154.

Online Conduct

Sailors Guide to Public Affairs

DoD Public Affairs Guidance for
Official Use of Social Media

DoN Public Affairs Policy
and Regulations

Navy Public Affairs Guide
for Social Media

Navy Hashtag Directory

Social Media Best Practices

Social Media OPSEC

Colon Cancer Awareness Month: Get Screened!

By Bernard S. Little
WRNMMC Public Affairs

In observance of Colon Cancer Awareness Month during March, staff members from Walter Reed Bethesda's Radiology and Gastroenterology departments are providing information to people stressing the importance of getting screened for colorectal cancer (cancer of the colon and rectum).

The information is being provided at a table set up in Building 9's west mezzanine near The Wedge Tuesday and Thursday from 11 a.m. to 1 p.m. through the end of the month.

"Screening is important because it has the potential to save lives," explained Priscilla Cullen, CT colonography nurse, and Ida Hopkins, Gastroenterology scheduling nurse manager at Walter Reed Bethesda.

Fear often inhibits people from getting screened, but once they've had the procedure many frequently expressed it was easier than they thought it would be, Hopkins and Cullen added.

People should overcome that uneasiness and get screened because colorectal cancer is the second leading cause of cancer deaths in the United States among the cancers that affect both men and women, according to the Centers for Disease Control and Prevention (CDC). Every year, about 140,000 Americans are diagnosed with colorectal cancer, and more than 50,000 people die from it, CDC reports.

Walter Reed Bethesda offers screening with colonoscopy or CT colonography (virtual colonoscopy) and both are effective ways to detect for this potentially deadly cancer, Hopkins and Cullen explained. In addition, the medical center does fecal occult blood testing, sigmoidoscopy and barium enema.

"In most cases, colon cancer begins with polyps in the lining of the colon or rectum. Regular colorectal screenings can increase your chances of finding a polyp before it becomes cancerous," according to Hopkins and Cullen.

The risk of developing colorectal cancer increases with age (more than 90 percent of all cases occurring in people 50 or older), they added. Other risk factors include a family history of colon cancer, inflammatory bowel disease, obesity and smoking. Some types of diets,

such as those high in fat and processed meats, or low in fruit and vegetables, can also increase your risk of colon cancer, Hopkins and Cullen stated. African Americans have the highest incidence rate for getting colorectal cancer, possibly because of access to and attitudes toward prevention and treatment, according to the American Cancer Society.

Colorectal cancer often develops without symptoms; however, if you experience any of the following symptoms, you should see your provider: change in bowel habits; abdominal discomfort; dark stools or blood in stool; stools that are more narrow than usual; and weight loss with no apparent reason," Hopkins and Cullen added.

Younger people (those younger than 50) are also being diagnosed with colorectal cancer at an increasing rate, according to a recent study led by a researcher from the American Cancer Society. Because routine screening is generally not recommended for most people under 50, these cancers are often found in more advanced stages.

"We have definitely noted this trend at Walter Reed Bethesda, but the cause remains unclear. Young people with symptoms concerning for colorectal cancer should seek medical evaluation," Hopkins and Cullen stressed.

What can you do to help prevent colorectal cancer?

In addition to regularly screenings, Hopkins and Cullen recommend people eat a diet rich in fruits and vegetables and low in fat and processed meats to lower your risk for colorectal cancer.

The CDC also recommends being physically active, maintaining a healthy weight, not drinking too much alcohol and not smoking.

Hopkins and Cullen explained procedures for the optical colonoscopy and virtual colonoscopy.

"Optical colonoscopy is performed with IV sedation, which is intended to keep the patient comfortable. CT colonography is done on a CT table and is a non-sedated procedure, which takes 10 to 15 minutes," they stated.

People who should be screened include those 50 to 75 years of age. For African Americans, screening should begin at 45 years of age because of their increased risk for colorectal cancer.

Cullen explained if a virtual colonoscopy/CT Colonography is done, it is on an open scanner. "A small rectal tube is placed in the rectum and the colon is inflated with carbon dioxide. The radiologist is able to build a 3-D computer model of the colon and



PHOTO BY BERNARD S. LITTLE

Maria Jordan (left), a CT technologist at Walter Reed National Military Medical Center, demonstrates how a virtual colonoscopy is performed in the hospital. Providers describe the procedure as not only life-saving, but patient-friendly, safe and comfortable for colon screening.

evaluate for cancers or colon polyps.

No escort is needed, and there are no post-procedure restrictions for the virtual colonoscopy. The appointment takes about 15 minutes. If polyps are detected, generally a second procedure is needed to remove these polyps," Cullen added.

Hopkins explained if the sedated colonoscopy is done, the patient needs to bring an escort. "An IV is started and sedation is given. A flexible scope is passed through the colon and any polyps detected can be removed at that time. Recovery is brief. The appointment takes about two-and-a-half to three hours. There are 24 hours of post-procedure restrictions."

They added Walter Reed Bethesda offers a range of treatment options for colorectal cancer, based on the stage of the patient's disease which may involve surgery, chemotherapy and/or radiation.

"Walter Reed Bethesda has also experience testing for genetic conditions that may predispose other family members to colon cancer and other cancers. This allows family members to undergo earlier screening," according to Hopkins and Cullen.

For more information call 301-319-8876.

The Convenience Lifestyle

By Army 2nd Lt. Jessica Teachout
WRNMMC Dietetic Intern

We live in a world of busy schedules and constant commutes, such that you often hear the phrase, "There just aren't enough hours in the day." The food industry is aware of this and has adjusted by making food convenient and easily attainable. In fact, nearly half of all the money we spend on food is spent dining out, according to a Consumer Expenditure Survey by the U.S. Bureau of Labor Statistics.

But is it possible to still eat a well-balanced diet with a fast-paced lifestyle?

As our convenience lifestyle has increased, so have trends in obesity. Data suggest that spending less time

having to prepare meals might be the cause of higher calorie intake and therefore, weight gain and obesity. How can we make healthy choices living in a convenience-based world? Let's consider some ideas.

Meal Prep

Meal prepping does take time, but it can also save you time in the long run. Consider, investing a couple of hours on the weekend preparing quick meal options, and not only will you save money (such as the money you would spend eating out), but you'll also be able to keep your nutrition goals and avoid long periods without eating when days get busy.

For breakfast, stock your refrigerator with yogurts, fruit, hardboiled eggs or overnight oats. In fact, it has been shown

that eating oatmeal in the morning left people feeling fuller longer, and they ate fewer calories at lunch as a result.

Good snacking throughout the day also helps keep you satisfied and energized. Combination snacks, such as cheese and vegetables, have been shown to increase satiety and decrease calories consumed later compared to snacking on regular potato chips. You can cut vegetables and pair them with low-fat dressing, or pair celery with peanut butter for healthy snacks. Bring along an ounce of your favorite nuts, yogurt, or string cheese for variety.

For lunch, you can save leftovers from dinner the night before to take with you to work. You can also purchase easily microwaveable bags of vegetables and rice or potatoes, throw in your favorite

protein source and voila! Lunch is served.

For dinner, cook a large amount of your favorite meal in the crockpot and freeze or refrigerate it for later. When you finish a long day, "cooking" is just a matter of heating up your meal.

Consuming water is your best option, but you can also decorate your favorite water bottle and bring in flavor packs for healthy and refreshing hydration.

Eating healthy shouldn't have to suffer just because days are long and hours are short. Invest time in advance to maintain your nutrition goals in a convenience-based world.

For more information, please call the Outpatient Nutrition Clinic for an appointment at 301-295-4065 with a registered dietitian, your go-to expert for nutrition advice.

March Snow



PHOTO BY MC2 HANK GETTYS

Approximately three inches of snow fell on Naval Support Activity Bethesda (NSAB) during the night of March 13 and the morning of March 14. According to Lt. j.g. Quintrell Mazant, approximately 80 people helped remove snow aboard NSAB at 4:30 a.m. March 14 to begin the snow removal process. Mazant, the NAVFAC Command Duty Officer March 14, said "The snow removal went really well." The contractors used snow plows, snow blowers, skid steers, shovels, salt and a front end loader to ensure that base personnel were able to get to work.

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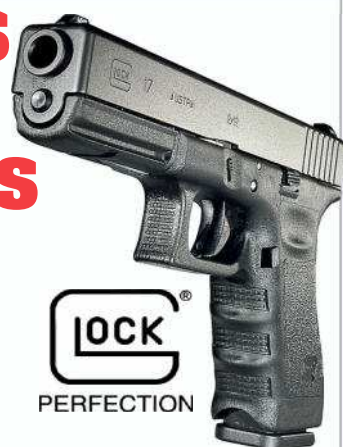
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4/1

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